

**CALIFORNIA RECREATION SENIOR CENTER  
AT ERNEST SAMUEL MCBRIDE, SR. PARK  
1550 MARTIN LUTHER KING, JR. AVENUE  
LONG BEACH, CA 90813  
(562) 570 - 1605**

**Staff at California Recreation Senior Center's is Committed to maintaining a safe and productive environment for people 50 years of age and over participating in Senior Programming. ACTIVITIES SUBJECT TO CHANGE WITHOUT NOTICE**

**SPECIAL EVENTS PLANNED  
PROGRAMS/ACTIVITIES**

**Blood Pressure Screening:** 3rd Weds, 9:30am-11:30am.

**Brown Bag Program:** 1st & 3rd Wed 8:30am-9:30 am

Food distributed through Long Beach Food Bank

**City Council Food Distribute:** 3rd Friday of the month 9 am

**LIFE Bus Rides Assistance:**

For qualified Adults Monthly when Staff are available, before 11am.

**H.S.A Lunch Program:** Mon-Fri. 12 pm

Human Services Association (H.S.A) provides a nutritional lunch for ages 62+, for menus call (562) 806-5400


- ◆ **Quilting Class:** Fridays 9am - 11 am
- ◆ **Tech. Help:** Monday 11am - 12pm
- ◆ **Exercise:** M-W-Fri 10am - 11am
- ◆ **Line Dancing:** Thur. 10am - 12pm
- ◆ **Tai Chi with Peter:** M,T,W & Th: 10am - 11am
- ◆ **Dance Fitness with David Ong:** M&F Time:10am -12pm
- ◆ **Yoga with Staff:** Thursday: 10am - 11am
- ◆ **Weight Room:** Monday—Friday 9 am—10 am
- ◆ **Around the Kitchen** 2nd Friday 11 a.m.—12pm

CITY OF LONG BEACH PARKS, RECREATION & MARINE

COMMUNITY RECREATION SERVICES

**CAL. REC. SENIOR PROGRAM**

**JANUARY 2020**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Site Closed	2 Arts & Crafts Line Dancing	3 Sr. Exercise Dance Fitness
6 Sr. Exercise Dance Fitness Tech. Help	7 Bingo 10 am Tai Chi Arts & Crafts	8 Sr. Exercise Tai Chi	9 Arts & Crafts Line Dancing	10 Sr. Exercise Dance Fitness Around the Kitchen
12 Sr. Exercise Dance Fitness Tech. Help	13 Bingo 10 am Tai Chi Arts & Crafts	14  Sr. Exercise Tai Chi Red Cross	15 Yoga Arts & Crafts Line Dancing	16  Sr. Exercise Dance Fitness Cooking Smart Class 11 a.m.
20 Site Closed	21 Bingo 10 am Tai Chi Arts & Crafts	22 Sr. Exercise Tai Chi	23 Yoga Arts & Crafts Line Dancing	24 Sr. Exercise Dance Fitness
27 Sr. Exercise Dance Fitness Tech. Help	28 Bingo 10 am Tai Chi Arts & Crafts	29 Sr. Exercise Tai Chi	30 Yoga Arts & Crafts Line Dancing	31 Sr. Exercise Dance Fitness